



# 1. Werratalmarathon, M, 4-er Staffel, HM

Treffurt / 07.04.2019

## Detailed evaluation

Krummer, Frank

Club: LT Philippsburg

Number: 126

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:26:42

Speed: 9.45 km/h

Running performance: 6:19 min/km

Rank in course/Total: 48 (of 75)

Rank in course/Men: 43 (of 67)

Best time in course: 2:59:48

Rank in category: 8(of 16)

Best time in the category: 3:29:29

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ifta              | 11.90       | 1:16:14       | 6:24            | 11          | 19:40          | 50          | 28:14         | 11.90         | 1:16:14       | 6:24            | 11          | 19:40          | 50         | 28:14         |
| Buchenau          | 11.70       | 1:16:33       | 6:32            | 10          | 19:49          | 50          | 28:57         | 23.60         | 2:32:47       | 6:28            | 10          | 39:29          | 49         | 56:32         |
| Frankenroda       | 9.40        | 59:27         | 6:19            | 7           | 10:46          | 42          | 20:12         | 33.00         | 3:32:14       | 6:25            | 10          | 50:15          | 47         | 1:16:44       |
| Uferstraße in Tre | 9.20        | 54:28         | 5:55            | 4           | 6:58           | 24          | 13:34         | 42.20         | 4:26:42       | 6:19            | 8           | 57:13          | 43         | 1:26:54       |